EASY RECIPE FOR FAMILY FUN.

Cucumber yogurt dip

Serving size: 3 tablespoons Cost per serving: \$0.23 Makes 8 servings

Prep time: 7 minutes

Ingredients:

1 cup low-fat plain yogurt

4 oz low-fat cream cheese

½ cup cucumber, seeded and diced (no need to peel)

1 clove garlic, chopped small Salt and lemon pepper to taste

Directions:

- Set the cream cheese out on the counter for 1-2 hours to soften or microwave for 20 seconds.
- Stir yogurt and cream cheese until smooth.
- 3. Rinse the cucumber under running water.
- Slice the cucumber in half the long way and run a spoon down the middle to remove the seeds.
- 5. Chop the cucumber into small pieces.
- 6. Stir the cucumber, chopped garlic and seasonings into the yogurt mixture.



This dip is great with fresh veggies like pea pods or peppers. Try it as a salad dressing too. Just add a little low-fat milk to make it a thin, pourable consistency.

Nutrition Information

Calories: 47 Fat: 3 grams

Saturated fat: 2 grams Cholesterol: 10 milligrams Sodium: 132 milligrams

Protein: 3 grams

Calcium: 39 milligrams



